



38km pacing chart	Check point	RCP1	RCP2	ACP3	FINISH
	<i>Distance (km)</i>	<i>17km</i>	<i>20.3km</i>	<i>27.4km</i>	<i>38km</i>
RECORD PACE	<i>Run time</i>	1:47:45	2:14:23	2:44:33	3:22:55
	<i>Clock time</i>	8:52:45	9:19:23	9:49:33	10:27:55
	<i>Ave min/km</i>	6:19	6:36	6:00	5:20
MIDDLE PACK	<i>Run time</i>	2:56:55	3:41:43	4:32:09	5:30:35
	<i>Clock time</i>	10:01:55	10:46:43	11:37:09	12:35:35
	<i>Ave min/km</i>	10:23	10:54	9:56	8:42
BACK MARKER	<i>Run time</i>	3:37:46	4:47:53	5:54:00	7:23:19
	<i>Clock time</i>	10:42:46	11:52:53	12:59:00	14:28:19
	<i>Ave min/km</i>	12:47	14:10	12:55	11:40
CUT-OFF*	<i>Run time</i>	4:00:00	5:00:00	5:57:00	7:35:00
	<i>Clock time</i>	11:05:00	12:05:00	13:02:00	14:35:00
	<i>Ave min/km</i>	14:07	14:46	13:02	11:58

**Red is a hard cut-off time implemented at RCP 1 and at the FINISH, the orange times indicated at RCP2 and ACP3 are for your guidance and may be activated pending time on distance and/or safety.*

